

**Allison Winik, Ph.D.**  
 CUCARD Westchester  
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**Date of Preparation:** September 20, 2017

**Personal Data:**

Name: Allison Winik  
 Date of Birth: March 6, 1988  
 Birthplace: Washington, DC  
 Citizenship: United States

**Education**

08/2011 - 09/2016	<b>Fairleigh Dickinson University, Department of Clinical Psychology</b> <i>PhD, APA-Accredited</i>	Teaneck, NJ
	<i>Dissertation Title:</i> Romantic attachment and the adult offspring of divorce: The role of peers and parents. <i>Advisor:</i> Stefanie Ulrich, PhD	
08/2006 - 05/2010	<b>Washington University in St. Louis, College of Arts &amp; Sciences</b> <i>BA, Psychology, Summa Cum Laude</i>	St. Louis, MO

**Academic Appointments, Hospital Appointments, and Work Experience**

10/2017 - Present	<b>Instructor of Medical Psychology (in Psychiatry)</b> <i>Columbia University Clinic for Anxiety and Related Disorders (CUCARD)</i> <i>Columbia University Medical Center,</i> <i>Division of Child and Adolescent Psychiatry, College of Physicians and Surgeons</i>	New York, NY
10/2017- Present	<b>Professional Psychologist</b> <i>New York Presbyterian Hospital-CUMC</i>	New York, NY

**Supervised Clinical Training**

09/2016 –08/2017	<b>Department of Child Psychiatry, Northwell Health—Zucker Hillside Hospital</b> <i>Clinical Child Psychology Postdoctoral Fellow (APA-Accredited)</i>	Glen Oaks, NY
07/2015 - 06/2016	<b>Department of Child Psychiatry, NYC Health + Hospitals/Kings County</b> <i>Psychology Intern (APA-Accredited)</i>	Brooklyn, NY
09/2014 - 06/2015	<b>Department of Child Psychiatry, Mount Sinai Beth Israel Medical Center</b> <i>Psychology Extern</i>	New York, NY
06/2014 – 06/2015	<b>Fairleigh Dickinson University Center for Psychological Services</b> <i>Parent Management Training Extern</i>	Hackensack, NJ
07/2014 – 09/2014	<b>Department of Child Psychiatry, NYC Health + Hospitals/Kings County</b> <i>Summer Psychology Extern</i>	Brooklyn, NY
05/2013 – 08/2014	<b>Fairleigh Dickinson University Center for Psychological Services</b> <i>Psychology Extern</i>	Hackensack, NJ
09/2012 – 07/2013	<b>Department of Psychiatry, Weill Cornell Medical College</b>	White Plains, NY

- 05/2012 – 09/2012 **Department of Psychiatry and Behavioral Sciences, Montefiore Medical Center** Bronx, NY  
*Summer Psychology Extern, Supporting Healthy Relationships*
- 08/2011 – 05/2012 **Fairleigh Dickinson University Center for Psychological Services** Hackensack, NJ  
*Psychology Extern*
- 08/2011 – 06/2014 **Fairleigh Dickinson University, Clinical Services for Veterans and Families** Hackensack, NJ  
*Graduate Research Fellow*

**No gaps in education/training.**

### **Licensure and Board Certification**

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- 08/2017-Present New York State License # 022292  
08/2017-Present NPI # 1861918468

### **Honors**

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- 09/2011 - 06/2014 Graduate Research Fellowship, Fairleigh Dickinson University  
05/2010 - 06/2011 Psi Chi National Honor Society in Psychology  
May 2010 Summa Cum Laude, Washington University in St. Louis  
April 2010 Phi Beta Kappa, Washington University in St. Louis,

### **Professional Organizations, Societies, and Service**

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#### Memberships

- American Psychological Association (APA)  
APA Division 53, Society of Clinical Child and Adolescent Psychology  
Association for Behavioral and Cognitive Therapies (ABCT)  
ABCT Child and Adolescent Anxiety Special Interest Group (CAA SIG)  
New York State Psychological Association (NYSPA)

### **Teaching Experience and Responsibilities**

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- 02/2017 – 05/2017 **Cognitive Behavioral Therapy Supervisor (10 enrolled)** Glen Oaks, NY  
*Department of Child Psychiatry, Northwell Health—Zucker Hillside Hospital  
Psychiatry Fellow Group Supervision*
- 09/2016 – 08/2017 **Guest Lecturer (10 enrolled)** Glen Oaks, NY  
*Department of Child Psychiatry, Northwell Health—Zucker Hillside Hospital  
Psychiatry Fellow and Psychology Intern Didactics*  
Topics: CBT for Panic Disorder, Chorpita's Modular CBT for Child Anxiety, Ethical Dilemmas in the Treatment of Religious Scrupulosity, Parent-Child Interaction Therapy, Parent Management Training
- 08/2013 – 12/2013 **Instructor, Child Development (25 enrolled)** Teaneck, NJ  
*Department of Psychology, Fairleigh Dickinson University*

### **Professional Presentations**

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- \* **Winik, A.**, Freer, B.D., & Ulrich, S. (2014, August). A peer in need: Predicting undergraduate recognition and response to peer depression. In B.O. Olatunji & L. Elwood (Co-Chairs), *Contemporary Approaches to Depression and Wellbeing*. Symposium conducted at the meeting of the American Psychological Association, Washington, DC.
- Freer, B.D., Ulrich, S., Magda, L.A., **Winik, A.**, Lowell, A., & Feld, C. (2013, July). *Is male depression under-recognized: Examining the roles played by gender and presentation type*. Poster presented at the annual conference for the American Psychological Association, Honolulu, Hawaii.

3.\* **Winik, A.,** Ulrich, S., & Freer, B. (2013, March). *College depression: Undergraduate student accurate recognition of and response to peer distress.* Poster presented at the annual conference for the Eastern Psychological Association, New York, New York.

4.\* **Winik, A.** & Renshaw, K.D. (2011, November). *Neuroticism and depression in undergraduates: The role of dating relationships in reducing vulnerability to depression.* Poster presented at the annual conference for the Association of Behavioral and Cognitive Therapies, Toronto, Canada.

5.\* **Winik, A.** & Wilfley, D.E. (2010, November). *Associations between shape concern, self-control, and locus of control and disordered eating in college-aged women.* Poster presented at the annual conference for the Sigma Xi Scientific Research Society, Raleigh, North Carolina.

### **Invited Presentations**

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**Winik, A.,** & Ohm, D. (2017, August). “DBT with Families: A Little Validation Can Go a Long Way.” Community Education Series, Northwell Health— Zucker Hillside Hospital, Glen Oaks, NY.

**Winik, A.** (2017, May). “Parent Management Training: Applications with an Eating Disorders Population.” Staff Didactic, Cohen’s Children’s Medical Center Eating Disorders Day Treatment Program, New Hyde Park, NY.

**Winik, A.** (2017, May). “No Frills No Problem: PCIT in the Child OPD.” Invited Grand Rounds, Northwell Health— Zucker Hillside Hospital, Glen Oaks, NY.

**Winik, A.** (2017, March). “CBT for Panic Disorder.” Psychiatry Fellow CBT Seminar, Northwell Health— Zucker Hillside Hospital, Glen Oaks, NY.

**Winik, A.,** & Ohm, D. (2017, February). “Ethical Dilemmas in the Treatment of Religious Scrupulosity.” Psychology Intern Didactics, Northwell Health—Zucker Hillside Hospital, Glen Oaks, NY.

**Winik, A.** (2017, February). “Chorpita: Modular CBT for Child and Adolescent Anxiety Disorders.” Psychiatry Fellow CBT Seminar, Northwell Health—Zucker Hillside Hospital, Glen Oaks, NY.

**Winik, A.,** Baumgarten, S., & Levine, L. (2016, June). “Suicide Risk Assessment and Intervention with Children and Adolescents.” Invited Grand Rounds, New York City Health + Hospitals/Kings County, Brooklyn, NY.

**Winik, A.** (July, 2012). “Tips for Staying Connected Over the Years.” Supporting Healthy Relationships, Montefiore Medical Center University Behavioral Associates, Bronx, NY.

### **Specialized Clinical Training**

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Spring 2017

#### **Enhanced CBT (CBT-E)**

*Online Training, Centre for Research on Eating Disorders at Oxford*

Fall 2016

#### **Parent-Child Interaction Therapy—40-Hour Workshop**

*Hofstra University, Hempstead, NY*

Master Trainer: Phyllis Ohr, PhD

Fall 2016

#### **Trauma-Focused CBT—Two-Day Training**

*Northwell Health—Zucker Hillside Hospital, Glen Oaks, NY*

Nationally Certified Trainer: Peter D’Amico, PhD

Summer 2014

#### **Parent Management Training Two-Day Workshop**

*Yale Parenting Center, New Haven, CT*

Fall 2014

**CBT for Anxiety (Core II)**  
*Beck Institute, Philadelphia, PA*

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Fall 2015

**DBT Skills Training**  
*CE Online Training, Behavioral Tech, LLC*

Fall 2015

**Mastery of Anxiety and Panic for Adolescents**  
*CE Online Training, Behavioral Tech, LLC*